



SCHEDULE TEAM SWEDEN

Camp in Märsta, Sweden, and 4 Nations Tournament
In Balashikha, Russia, during February 5-11 2013



TEAM 16

Date	Time	Activity	Venue
Tue. Feb 5	11.30	Assembly	Arlanda Hotellby
	12.00	Lunch	Arlanda Hotellby
	15.30-16.45	Ice practice	Pinbackshallen
	18.00	Dinner	Arlanda Hotellby
	20.00	Theory	
	21.00	Evening snack	Arlanda Hotellby
Wed. Feb 6	07.45	Breakfast	Arlanda Hotellby
	09.30-11.00	Ice practice	Pinbackshallen
	12.15	Lunch	Arlanda Hotellby
	15.30-16.45	Ice practice	Pinbackshallen
	18.00	Dinner	Arlanda Hotellby
	21.00	Evening snack	Arlanda Hotellby
	21.30	Theory	
Thu. Feb 7	07.00	Breakfast	Arlanda Hotellby
		Bus to Arlanda T5	
	09.30	Pre flight meal	Arlanda T5
	10.50	Departure with SK 730	Arlanda T5
	15.55	Arrival to Moscow	Sheremetyevo Intl
		Bus to Balashikha	
	18.30	Dinner	East Gate Hotel
	20.00-21.15	Ice practice	Arena Balashikha, practice rink
22.00	Dinner	East Gate Hotel	
Fri. Feb 8	06.45	Breakfast	East Gate Hotel
	08.00-08.45	Ice practice	Arena Balashikha
	10.30	Lunch	East Gate Hotel
	13.45	Pre game meal (pasta)	
	16.30	GAME CZE – SWE	Arena Balashikha
	19.45	Dinner	East Gate Hotel
	20.15	Game analyze	East Gate Hotel
Sat. Feb 9	08.45	Breakfast	East Gate Hotel
	10.00-10.45	Ice practice	Arena Balashikha
	12.00	Lunch	
	16.15	Pre game meal (pasta)	East Gate Hotel
	18.30	GAME RUS – SWE	Arena Balashikha
	21.15	Dinner	East Gate Hotel
	21.45	Game analyze	East Gate Hotel
Sun. Feb 10	07.45	Breakfast	East Gate Hotel
	09.00-09.45	Ice practice	Arena Balashikha
	10.30	Lunch	East Gate Hotel
	12.15	Pre game meal (pasta)	East Gate Hotel
	15.00	GAME SWE – FIN	Arena Balashikha
	18.30	Dinner	East Gate Hotel
	19.00	Game analyze	East Gate Hotel
	21.00	Evening snack	East Gate Hotel

Mon. Feb 11	08.00	Breakfast Bus to Moscow	East Gate Hotel
	TBA	Lunch	
	16.55	Departure with SK731	Sheremetyevo Intl
	16.15	Arrival to Stockholm Home journeys	Arlanda T5

Team Leaders

Ulf Hall	Team Manager
Ulf Lundberg	Head Coach
Göran Lindblom	Assistant Coach
Peter Andersson	Goalie Coach
Sofia Sunnerud	Doctor
Janne Allnér	Equipment Manager

Hotels

Best Western Arlanda Hotellby, Bristagatan 22, 190 45 Stockholm-Arlanda

East Gate Hotel